

The members of your **School Wellness Council** are asked to complete this worksheet to help learn how to incorporate 60 minutes of daily moderate-vigorous physical activity during the school day to help improve their health and academic success of its students.

## Active transportation

Inventory question	What exists at our school?	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
Are students encouraged to walk or bike to school? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Are there established Safe Routes to School? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Are students and families provided with bike and ped awareness education? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Are there additional traffic patrols in school zones? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Other programs or initiatives that support Active Transportation?				

### Zero hour supervised activity (before school)

Inventory question	What exists	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
Are zero hour supervised activities provided at your school? <input checked="" type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Do the before school programs dedicated at least 20% of their time to physical activity? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does your before school program staff participate in annual professional development, including physical activity, as an element of their program? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does the school utilize community resources to provide physical activity opportunities before school? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Other				

## In-classroom instruction

Inventory question	What exists	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
Are students engaged in physical activity through brief classroom breaks every 50 minutes? <input checked="" type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does your school utilize any physical activity resources to incorporate physical activity directly into academic sessions? <input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> N/A				
Does your staff participate in annual professional development, which includes physical activity as part of classroom instruction time? <input type="radio"/> Yes <input type="radio"/> No <input checked="" type="radio"/> N/A				
Other				
Other				

## Active recess

Inventory question	What exists	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
At the elementary school level, does your school offer at least 20 minutes of recess daily? <input checked="" type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
At the elementary level, do classes participate in recess before lunch? <input type="radio"/> Yes <input checked="" type="radio"/> No <input type="radio"/> N/A				
Does your school have playground staff trained in physical activity games/rules/safety? <input type="radio"/> Yes <input checked="" type="radio"/> No <input type="radio"/> N/A				
Does your school utilize any physical activity resources to encourage physical activity or to increase moderate/vigorous directly into recess? <input type="radio"/> Yes <input checked="" type="radio"/> No <input type="radio"/> N/A				
Other				

### Access to physical activity during the school day

Inventory question	What exists	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
Does your school require all students to participate in physical education for 60 minutes a week? <input checked="" type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does your school provide physical education classes early in the day or before difficult classes? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Are students engaged in moderate to vigorous physical activity at least 50% of physical education class time? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
In middle and high school, is there time allowed in the day for every student to have time for physical activity? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Other				

### After school physical activity

Inventory question	What exists	Who are the key leaders needed to support, implement or improve the idea?	What materials or resources are needed to support, implement or improve the idea?	Cost
In middle and high school, does your school offer a range of competitive physical activity opportunities for all grades? <input checked="" type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Do the non-physical activity after-school programs dedicate at least 20% of their time to physical activity? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
In middle and high school, does your school offer a range of non-competitive physical activity opportunities in fun, recreational and lifelong learning opportunities for all grades? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does your after-school program staff participate in annual professional development, including physical activity as an element of their program? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				
Does your school have space available indoors for moderate to vigorous physical activity? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A				

<p>Do afterschool programs, providers; staffs have access to supplies and materials that support physical activity among students?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A</p>				
<p>If your school is not providing physical activity programs afterschool, are their local partners you could ask for assistance?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A</p>				
<p>Do afterschool programs with physical activity, charge a fee? Is that fee reasonable?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> N/A</p>				